



# **BONDI** **OUTRIGGER** **CANOE CLUB**

I hereby certify and declare that I am physically fit and healthy to participate and compete in Outrigger canoeing activities to be held at Rose Bay hosted by the Bondi Outrigger Canoe Club Inc. (BOCC)

In consideration of the foregoing, I for myself, my heirs, my executors and administrators, do hereby waive and release any and all rights, claims and causes of action I have or may have against BOCC or any of its members, all its sponsors, promoters, supporters and all other contributors from any and all liability arising from illness, injury, death, loss and economic consequences I may suffer as a result of participating in Outrigger canoeing activities with BOCC from any cause whatsoever, including negligence.

**First Name**

**Last Name**

**Date**

Please bring this form along with your first paddle with us. We look forward to seeing you on the water.